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no.	name	year	age	sex	height	weight	muscle	fat	bone	total	muscle	fat	bone	total
1	John	1970	25	M	175	70	15	5	10	30	15	5	10	30
2	Mary	1975	20	F	160	55	12	3	8	23	12	3	8	23
3	David	1980	15	M	150	40	10	2	6	18	10	2	6	18
4	Emily	1985	10	F	140	30	8	1	4	13	8	1	4	13
5	Michael	1990	5	M	130	20	6	0.5	2	8.5	6	0.5	2	8.5